



Upstate Medical University Department of Anesthesiology

Residency Guide

Revised for the 2021-2022 academic year.

SUNY Upstate's Mission

To improve the health of the communities we serve through education, biomedical research, and patient care.

**We achieve our mission through
our shared values:**

We drive innovation and discovery
by empowering our university family to bring
forth new ideas and to ensure quality.

We respect people
by treating all with grace and dignity.

We serve our community
by living our mission.

We value integrity
by being open and honest to build trust and
teamwork and to embrace diversity and
inclusion.



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Dr. Xiuli Zhang
Department Chair



Dr. Carlos Lopez
Program Director
Chair of Education



Dr. Muhammad Sarwar
Associate Program
Director, Director of
Cardiac Anesthesia



Dr. Fenghua Li
Vice Chair of Quality
Assurance



Elizabeth Christensen
Program Administrator

PROGRAM DIRECTOR'S WELCOME

Dear Resident Candidate,

Welcome to SUNY Upstate Medical University's Anesthesiology Residency Program. On behalf of the Department of Anesthesiology, I'm pleased to introduce you to our program. We're happy to see your excitement and interest in our program as you contemplate one of the most important decisions of your medical career. Finding a program that delivers what you are looking for, while also being a good fit for you personally, is critical for your future success.

I have been an attending anesthesiologist at SUNY Upstate for nearly over 25 years, specializing in critical care and internal medicine. I have been the Director of the Anesthesiology Residency Program for over 15 years, and remain devoted to giving residents the opportunity to explore their individual interests in the field of anesthesia.

SUNY Upstate Medical University's Health System serves 1.8 million people in the Central New York area, guaranteeing that our residents see a wide variety of cases and gain the experiences they'll need to become well-rounded physicians. The attending physicians on our staff are committed to providing a diversified educational experience while creating and maintaining a supportive environment for residents to grow.

We have implemented a brand new preliminary-year program for incoming PGY1 residents to give them greater exposure to anesthesiology than they would get in a Surgery or Internal Medicine preliminary year. This will ensure our residents are ready to hit the ground running at the start of their CA-1 year when they enter the OR, and also allows for new residents to feel more connected to our department.

There are many factors that influence your decision of where to go for residency, and there are many excellent programs out there, but one thing we can promise at Upstate is that you will get a thorough, comprehensive training in the field of anesthesia that will prepare you well for whatever future goals you may have.

We appreciate your interest and hope that you will consider our program as you take the next big step towards your future.



Carlos J. Lopez III, MD

Like many residency programs, we offer two types of positions:

Categorical – these positions represent the bulk of our match.

Categorically matched residents will complete their preliminary year and all three clinical advanced years in the Anesthesiology Department at Upstate

Advanced – we periodically will have an opening for an advanced match position; these positions are open to applicants who have already completed a preliminary year in an accredited program and will begin as a CA1 resident

What we look for in candidates

We look for candidates who embody our institutional values, have a sincere interest in Anesthesiology, and meet the following criteria:

- Exam Scores
 - USMLE – 220+
 - COMLEX – 500+
- 3 Letters of Recommendation
- Personality
 - Team Player
 - Punctual
 - Professional
 - Motivated
 - Pleasant
 - Leadership Skills

Our categorical PGY1s will spend their year gaining experience through a four-month rotation in each of the following services: Anesthesiology, Surgery, and Internal Medicine.

The goal of the PGY1 year is to get residents' preliminary requirements out of the way, while also preparing them to begin their CA-1 year.

Dr. Lopez works with the Program Directors from Surgery and Internal Medicine to curate the schedule of each categorical PGY1 to ensure every resident receives a standardized exposure to each service that they can tie in with their coming anesthesiology training.

Anesthesia Rotations:

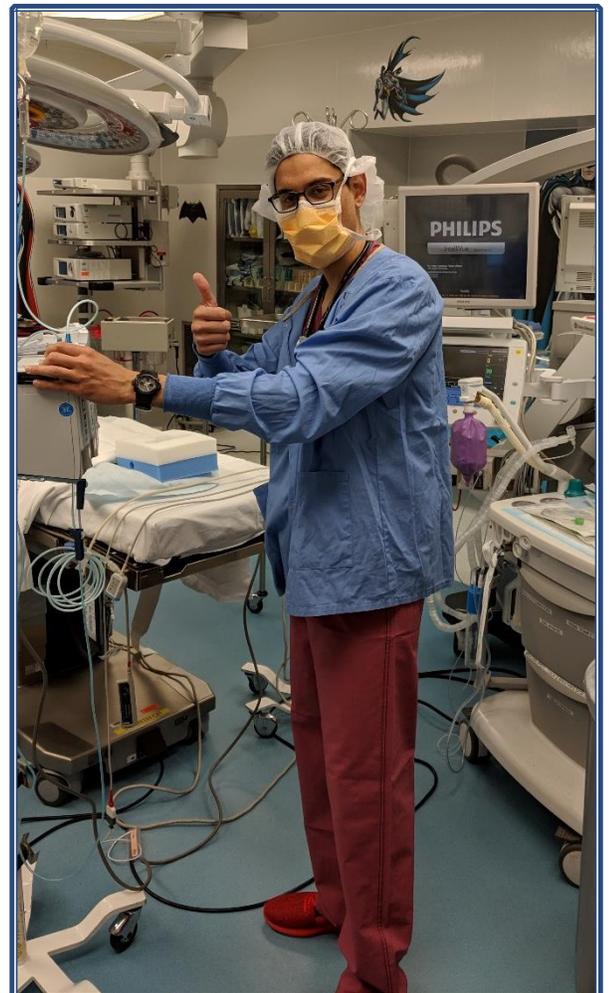
- ED
- Acute Pain
- PAT
- Anesthesiology

Surgery Rotations:

- SICU
- ENT
- General Surgery

Internal Medicine Rotations:

- MICU
- Internal Medicine



OUR PROGRAM

CA-1 Year

Main OR
ICU
Pain
Peds
VA

Residents are required to complete a total of three **pain management** rotations. They will spend time at the outpatient pain clinic, as well as taking acute pain call, gaining experience with a range of pain management techniques, from performing examinations and diagnostic testing, to epidurals, peripheral nerve blocks, and more.

Residents may begin rotating at the **Veterans Affairs Medical Center** starting in their intern year, and then again throughout their CA1-CA3 years. This rotation gives residents the opportunity to provide care for patients with co-morbidities common in veterans, which affect perioperative anesthetic management.

CA-2 Year

Boston OB
Cardiac
ICU
Main OR
Neuro
Pain
Peds
Thoracic
VA

All residents will spend one month at **Brigham and Women's Hospital** in Boston learning the principles of obstetric anesthesia. By the end of their rotation here, residents should be able to demonstrate proficiency in epidural catheter placement, subarachnoid block placement, and competency delivering anesthetic care for most parturients.

During a resident's CA2 year, they gain experience with more complex, specialized cases while on their **cardiac, neuro, and thoracic** anesthesia rotations. These rotations, along with the cumulative experience they receive in all other rotations, should either help guide them to the specialty they want to pursue during their fellowship year, or prepare them for a wide range of cases they will encounter as attending physicians.

CA-3 Year

Crouse OB
Crouse Main OR
Regional
Research
PACU
PAT
Night Float

During their CA3 year, residents will rotate at **Crouse Hospital**, where they put skills learned during previous rotations to good use. During the Crouse OB rotation, residents tackle more complex OB cases, such as ones with significant co-morbidities and high-risk pregnancies. In their main OR rotation at Crouse, residents will be given more responsibility and independence during cases, while also supplementing the experiences they previously received in vascular, regional, and thoracic anesthesia.

To round out their anesthesia training, residents in their CA3 year will complete rotations in regional anesthesia, along with spending time in the Post-Anesthesia Care Unit and in Pre-Admissions Testing, which offers them experience with the full scope of surgical anesthetic care, from before patients arrive to when they are ready for discharge. Residents also have a hand in shaping their own CA3 year by choosing up to six elective rotations (such as specialty ICU rotations, research, and additional rotations in the subspecialty of their choosing) to supplement the ACGME mandated rotation requirements.

OUR PROGRAM

Average Cases Per Resident During Residency (averages 2020-2021)

Cases/Procedures	#
Airway Management - Other	32
Bronchial Blocker	5
DLT	18
Laryngoscope - Direct	516
Laryngoscope - Indirect	66
Mask	115
Nasal ETT	9
Oral ETT	554
Supraglottic Airway	194
Total Airway Management Techniques	1510
Combined Spinal-Epidural (CSE)	7
Epidural	93
General Maintenance	835
MAC &/or Sedation	93
Peripheral Nerve Block Continuous	35
Peripheral Nerve Block Single Shot	57
Spinal	85
Total Anesthesia/Analgesia Type	1206
ASA 1	81
ASA 1E	13
ASA 2	425
ASA 2E	26
ASA 3	429
ASA 3E	31
ASA 4	73
ASA 4E	26
ASA 5	1
ASA 5E	9
ASA 6	1
Total ASA Physical Status	1114
Caudal	7
Lumbar	96
T 1-7	2
T 8-12	18
Total Neuraxial Blockade Site	123

Cases/Procedures	#
Acute Pain Consult	12
Cancer Pain Consult	2
Chronic Pain Consult	17
Total Pain Evals - New Patient	30
Nerve Catheter - Perineural PCA	3
Other - Post-op Pain Evaluation	2
PCA Pt Controlled Analgesia	3
PCEA - Epidural Pt Controlled Analgesia	2
Total Pain Evals - Post-op Eval	10
Epidural	2
Other - Pain Procedures	5
Trigger Point	3
Total Pain Procedures	10
Total Pain Consultations and Procedures	50

Cases/Procedures	#
Ankle	4
Axillary	1
Femoral	10
Interscalene	8
Lumbar Plexus	1
Other - Peripheral Nerve Blockade Site	17
Popliteal	24
Saphenous	21
Sciatic	2
Supraclavicular	10
Total Peripheral Nerve Blockade Site	98
Cardiac with CPB	25
Cardiac without CPB	6
Cesarean Section	48
Cesarean Section High-Risk	18
Intracerebral (endovascular)	5
Intracerebral Nonvascular (open)	16
Intracerebral Vascular (open)	7
Intrathoracic Non-Cardiac	24
Procedures on Major Vessels (endovascular)	7
Procedures on Major Vessels (open)	42
Vaginal Delivery	56
Vaginal Delivery High-Risk	4
Total Specialty Procedure	259
CSF Drain	4
Electrophysiologic Monitoring (SEP, MEP, EMG, EEG)	22
Transesophageal Echo (TEE)	26
Total Specialized Monitoring Techniques/Procedures	52
Arterial Catheter	136
Central Venous Catheter	47
Pulmonary Artery Catheter	23
Ultrasound Used for Line Placement	45
Total Specialized Vascular Access	251
Total Procedures	4613

Cases/Procedures	#
Patients aged < 3months	13
Patients aged > 3months, < 3years	81
Patients aged ≥ 3years, < 12years	130
Patients aged ≥ 12years, < 65years	756
Patients aged ≥ 65years	198
Total Patients	1178

For a full list of benefits offered to all Upstate Residents, please visit <https://www.suny.edu/benefits/>.

In addition to the benefits offered to all residents at Upstate University Hospital, residents in the anesthesiology department are provided all of the following benefits:

- **iPad Mini**, given to each individual resident at the start of their CA-1 year
- **Peer to Peer Support and Well Being**, access to the CNYMIPS Peer Support Program and the Medical Society of the State of New York Peer to Peer program which include counseling services, legal and financial consultations, and other assistance for maintaining a healthy work/life balance
- **Vacation Day and Meeting Day Allowances:** residents are allowed a total of 20 paid vacation/sick days, and 5 paid meeting days per year; as per the American Board of Anesthesiology, residents may take a total of 60 vacation/sick days through their clinical residency (which excludes the PGY1 year). Any additional time off must be approved by the ABA.
- **Sponsored Memberships**, including the New York State Society of Anesthesiologists (NYSSA) and the American Society of Anesthesiologists (ASA)
- **Journal Subscriptions**, for *Anesthesiology* and *Anesthesia & Analgesia*

Current salaries for residents, beginning July 2021:

PGY1 - \$55,177

PGY2 - \$59,329

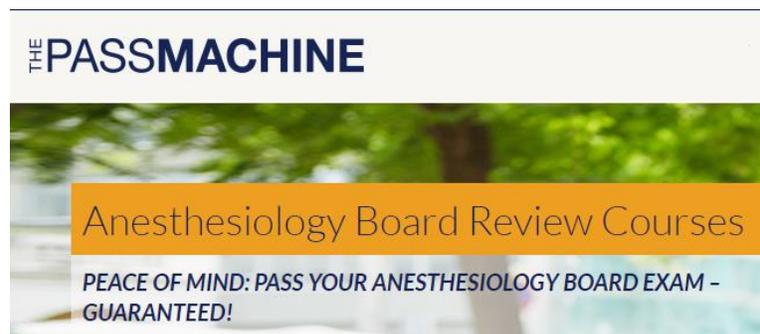
PGY3 - \$62,086

PGY4 - \$64,630

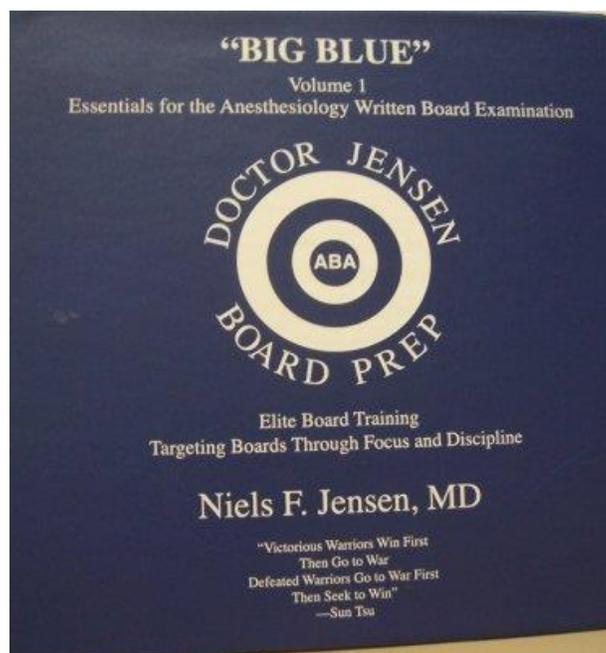
EDUCATION & BENEFITS

To assist you in your training, we provide the following educational resources as well:

- **Education Allowance/Book Money**, distributed each year in the following amounts: **CA1 - \$300, CA2 - \$600, CA3 - \$1,000**; a comprehensive list of acceptable uses of these funds can be found in the complete resident handbook (given to residents during CA1 orientation)
- **Textbooks**, with options for both hard copies and electronic versions of books that are considered the standard educational literature for anesthesiology residents
- Subscriptions to **TrueLearn** and **Pass Machine** exam preparation resources



- A copy of Jensen's "**Big Blue**" written board review material



Conference Attendance Sponsorship

Residents may present at and attend conferences throughout the year with prior approval from the program director. Travel expenses while attending conferences, for things such as registration, meals, airfare, and lodging, can be reimbursed upon the resident's return.

Certifications

The Department of Anesthesiology will provide the following American Heart Association authorized certifications/re-certifications:

- **ACLS** initial certification and re-certifications needed during residency
- **PALS** initial certification and re-certifications needed during residency (overview of BLS is included)
- **ATLS** initial certification.



Didactic Teaching

CA-1 Resident Orientation

Starting on their first day as CA-1s, residents will go through a specialized two-month lecture series to introduce them to the hospital, the program, and their training in anesthesiology. The goal of this orientation period is to rapidly increase the anesthesia knowledge base of new residents.

Morbidity & Mortality/Grand Rounds

Every Wednesday morning, the department holds an M&M or Grand Rounds conference. These are typically presentations on a unique or complicated case and are presented by a resident and attending. We also have senior resident presentations and outside guest speakers throughout the year during this time slot.

Dissection Course

Unique to our program, throughout the month of September, residents participate in an annual dissection course. The course serves as an anatomical refresher course and is taught by pain management attendings and fellows.

Wednesday Lecture Series

From November to June, Wednesdays are dedicated education days. Residents in their CA-1 year attend lectures in the first part of the day, then CA-2/3s have a combined lecture time in the afternoon. Lectures cover a wide range of common anesthesia topics in different subspecialties, simulation exercises, ethics and professionalism, billing and practice management, laws and regulations, as well as board review sessions and journal clubs.

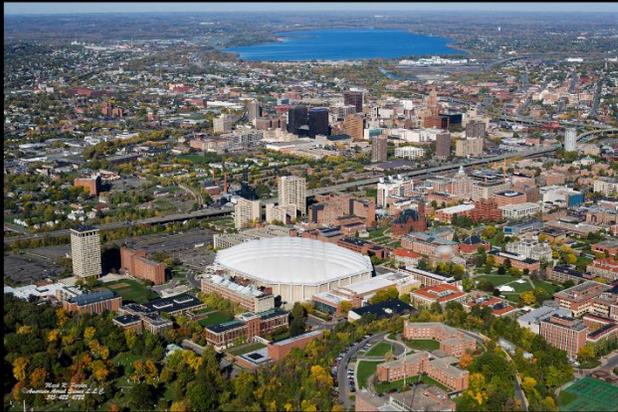
Rotation-Specific Lecture Series

Residents attend additional rotation-specific lectures during their pediatric, cardiac, critical care, and OB rotations. These lectures give residents a more in-depth learning experience while in those rotations to supplement what they learn in the normal weekly Wednesday lectures that all residents attend.

Mock Orals

Our residents agree that one of the most useful opportunities we provide them with is our Mock Oral sessions held biannually. In the fall and in the spring, our program director organizes a panel of attendings to administer mock oral exams to the CA-2 and CA-3 residents. Residents get the benefit of immediate feedback on their performance and the opportunity to experience a simulated Oral Board exam.

SUNY Upstate Medical University is located in charming, humble **Syracuse, NY**.



SYRACUSE



While Syracuse is a relatively small city (population \approx 150,000), there is a lot to do in and around Syracuse—if you know where to go.

Syracuse is a city that knows how to put on an event. Don't believe us? Come see for yourself at any one of our many annual Syracuse festivals:



Calling it the *Great New York State Fair* is not an overstatement. Drawing a crowd of over 1 million visitors from all over New York State and beyond, this two-week event at the end of summer has something for everyone to enjoy.



If you're a "foodie," the **Taste of Syracuse** festival is a must-see. Featuring well over 50 local restaurants serving samples of their most popular dishes, along with several stages for entertainment throughout the day, this event is a local favorite for those looking for food and fun.



If you're more inclined to the arts, the **Syracuse Arts and Crafts Festival** is the place for you. There, you can find the work of hundreds of artists, including many Syracuse locals, exhibiting a tremendous amount of work.



For those who are unafraid of the cold—and let's be honest, if you're coming to Syracuse, you should be able to embrace all four seasons—Syracuse has a huge **Winterfest** that's chock full of food and drink competitions between local restaurants, outdoor skiing, snowshoeing, wildlife viewing events, and all sorts of other seasonal fun for the whole family.

For a full list of annual events, check out:

<https://www.visitsyracuse.com/events/annual-events/>



One of the best things about Syracuse is its convenient location in relation to all the other major cities and attractions in New York State.

By car, the following destinations are not too far away:

- Adirondack region – 2h
- Albany – 2h 18m
- Binghamton – 1h 13m
- Buffalo – 2h 23m
- Canadian border – 1h 36m
- Ithaca – 1h 10m
- Niagara Falls – 2h 36m
- NYC – 4h 7m
- Rochester – 1h 25m

In Syracuse, you can take advantage of all four seasons:

Spring

State & County Parks

Being in such a central location, Syracuse is surrounded by beautiful natural areas in just about any direction you go. Onondaga Lake lies in the heart of Syracuse, with a popular walking/biking/running trail surrounding it, so lovely views are only a couple minutes away. Nothing beats the winter blues like finding the first signs of spring in nearby parks.

Summer

Water Sports

One of the many perks of being surrounded by so many bodies of water is that there is a tremendous variety of outdoor activities available in the summer months. With plenty of locations offering affordable equipment rentals, you can kayak, paddleboard, peddle boat, or canoe your way up and down one of our numerous nearby shorelines.

Day Trips to Amusement Parks

Whether you're looking for thrilling rides for yourself or a way to get your kids out of your hair, visiting one of Upstate New York's several amusement and/or water parks is a great way to shake things up in the dog days of summer.

Autumn

Fall Foliage

Syracuse and its surrounding areas are geographically located in the perfect location for striking foliage changes beginning anywhere from mid- to late September, and lasting through November (or whenever the first snow falls). If you choose to venture out, both the Adirondack and Catskill mountains offer breathtaking views of the seasonal colors. To track when the best time to hunt down foliage is, check out [The Foliage Network](#).

Pick-Your-Own Everything

It may not seem like much, but spending a day out picking apples and pumpkins (among other things) is a favorite pastime of Central New York locals. Central New York has [dozens of locations to choose from](#) for apple picking, and if you're looking for extremely reasonably priced pumpkins and a fun time for the whole family, check out [Tim's Pumpkin Patch in Marietta, NY](#).

Winter

Ice Skating & Tree Lighting in Clinton Square

In Syracuse, we are lucky enough to experience "real" winter, with *plenty* of snow, but you don't have to stay cooped up in the house! Clinton Square ice rink is a popular outdoor ice rink in the middle of downtown Syracuse that's open all winter. Clinton Square also hosts an annual ceremonial tree lighting in late November.

Winter Sports

To view a list of the names and locations of nearby winter sport resorts, check out [SkiCentral.com](#).

Year-Round

Destiny USA

As the sixth largest mall in America, Destiny USA is more than a shopping center: it's an experience. Featuring over 40 eateries, more than 150 stores, and dozens of entertainment options, this mall's got it all.

Rosamond Gifford Zoo

If you're seeking an interesting and educational day outdoors, the Rosamond Gifford Zoo is the place to go. It's ranked in the top 10% of zoos in the country, and is a great place to spend some time no matter what time of year it is.

Syracuse Sports

From a football team that has produced many All-Americans, professionals, and hall of famers, to Division I men's and women's basketball teams, to a Division I lacrosse team, the Carrier Dome is home to many of the most impressive athletes Syracuse has to offer. If you're more into America's favorite pastime, you can catch the Syracuse Mets (including Tim Tebow) at the NBT Bank Stadium.

Museums and Galleries

Syracuse has no shortage of learning and cultural opportunities. Local attractions include the [Harriet Tubman National Historical Park](#), which celebrates the humanitarian efforts and legacy of the famed abolitionist and political activist, the [Everson Museum of Art](#), the first art museum to dedicate itself to the collection of American art, and the [Milton J. Rubenstein Museum of Science and Technology \(MOST\)](#), a kid-friendly hands-on science museum.

For more information about our
program, please contact:

Elizabeth Christensen
Program Administrator

Christel@upstate.edu

315-464-4889



Thank you for considering
Upstate Medical University.